



Diabetes#2

Teach students how to read food labels and apply the information to their lifestyles.

Chili with Beans	
Nutrition Facts	
Serving Size: 1 cup (253 g)	
Servings per container: 2	
Amount per Serving:	
Calories 260	Calories from Fat 72
	% Daily Value
Total Fat 8g	13%
Saturated Fat 3g	17%
Cholesterol 130mg	44%
Sodium 1010mg	42%
Total Carbohydrate 22g	7%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 25g	

Definition: Work with the school community council to design and carry out an action plan to ensure that students know how to read food labels and apply the information. It may be included with lessons and activities in the classroom.

Resources:

UDOH Diabetes Prevention and Control

<http://health.utah.gov/diabetes/>

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UDOH Heart Disease and Stroke Prevention

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Team Nutrition poster: "Read It Before You Eat It!"

http://www.fns.usda.gov/tn/Resources/readit_eatit.html

Team Nutrition's *The Power of Choice*: "Are You Label Able?"

http://www.fns.usda.gov/tn/Resources/POC_topic4.pdf

Make Your Calories Count: Use the Nutrition Facts Label for Healthy Weight Management

<http://www.cfsan.fda.gov/~ear/hwm/labelman.html>



Assignments

School Coordinator Assignments

- Discuss with the school community council a method to teach children to properly read food labels and apply the information in their lives
- Communicate the method to all teachers and staff (and parents if they are involved)
- Implement the method